

James Phillips
Barrister

AN
ESSAY,

ADDRESSED TO

MEDICAL STUDENTS,

ON

THE IMPORTANCE AND UTILITY

OF THE

PROFESSION;

AND ON THE

*Urgent Necessity there is for them to obtain a more
perfect Knowledge of its different Branches,
than is acquired by*

PUPILS IN GENERAL,

&c. &c. &c.

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## PREFACE.

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HAVING ever considered the Greek motto, “*μεγα βιβλιον μεγα κακον* \*,” to be fraught with good sense, I have endeavoured to profit by the advice which it contains, and have therefore compressed the following Work into as small a compass as the various subjects would admit of.

Should the Reader be disappointed in receiving the expected information, or should the Author be found to be inefficient in his plan of rendering himself useful to Medical Students (for whose benefit these pages are committed to the press), he hopes that the motives which led to the publication, will cast a veil over its imperfections.

\* *A great book is a great evil.*

On the contrary, should it tend to facilitate the acquisition of professional knowledge, the Author will feel himself amply rewarded, in contributing his mite to the general stock of Medical Information.

## INTRODUCTION.



DURING the progress of a regular education in a Profession, which must ever command the respect and *gratitude* of society at large; and which has no lesser objects in view, than the alleviation of pain and the prolongation of life, I have viewed (*with much regret*) the melancholy fact, that numbers of the Students, or would-be Students, who visit this Metropolis for the express purpose of acquiring Medical and Chirurgical knowledge, too often fail in their attempts to obtain the information required; or *from too easily falling* into the insidious allurements scarcely avoidable in an overgrown Metropolis, disqualify themselves from acquiring a future comfortable subsistence in life.

In order to enable my readers more readily to obtain the one, and to render *themselves* perfectly *competent* to acquire the other, I hope I shall not be considered as altogether to have misapplied my time, if I offer to their serious consideration the few following Hints;—Hints which, if properly attended to, may assist in removing many difficulties; in clearing the path that leads to professional reputation; and in warding off the anguish of many a bitter pang, intruding in the hour of reflection.

Although I am well persuaded that many may imagine, that I have entered into *minutiæ*, which *they* may deem prolix and *unnecessary*; yet *experience* has long confirmed me in the opinion (which I have ever entertained), that for the *want* of such attention to a *variety* of *lesser* circumstances in our conduct, during the *earlier periods of life*, we often have to lament our neglect of them, when it is too late to *recal that time, which*  
*we*

*we at last know, to our sorrow, can never be retrieved.*

Before I enter upon the consideration of that *System of Education*, the adoption of which I beg leave earnestly to recommend to those, who are anxious to become respectable members of society, and who look forward to the acquisition of *fame* and *fortune*; I shall make a few cursory observations on the *utility* and respectability of the Profession itself—and shall point out, also, a *few qualifications*, which I consider as essentially requisite to be possessed by those, who enter upon the study of *Physic in general*, or *Surgery in particular*.

If we look round, and contemplate the numerous occupations of individuals, who labour for the benefit and happiness of mankind: if we reflect how many *thousands* are daily employed in contributing even to the *luxuries*, and *unnecessary wants* of our fellow-creatures: if we farther consider, that

in the splendid mansions of the affluent, the noble, and the great—nay, even in the sumptuous palaces of royalty (as well as in the humble cottage of the peasant), the alleviation of pain, the restoration of health, and the preservation of life, are objects which, in all classes, in *every* rank of society, are justly considered of THE FIRST importance; and without which the opulent can neither enjoy those comforts which it is in the power of wealth *alone* to bestow; and dispossessed of which, the peasant is unable to pursue his daily occupation. Reflecting thus upon the INESTIMABLE VALUE of Health, we surely are not saying too much in commendation of our *own Profession*—we cannot be thought to rank ourselves too high in the scale of public estimation, when we presume to assert, that whilst our labours and our pursuits are directed to *the attainment* of advantages so beneficial to mankind, we must ever be considered as amongst the most useful members of the community; “ *so long as pain is deemed an evil, or*  
“ *so*



“ so long as confinement is thought irk-  
 “ some \*.”

Even in the earliest periods of history, when the application of a few simple herbs was the farthest extent of Chirurgical knowledge; and when hæmorrhages from large arteries were restrained only by the barbarous application of burning irons: when the practice of Physic, also, was enveloped in *comparative* ignorance; but from which it has been happily rescued (through the knowledge we have acquired by a *more intimate acquaintance* with chemistry and anatomy): when, even in this infant state of the Profession, its Professors were loaded with honours, and contemplated with the highest reverence and respect; surely in the *present era* our science may be considered as productive of incalculable benefits to mankind, and as meriting every sanction, encourage-

\* POTT.

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ment,

ment, and support, which the Legislature, and society at large, can bestow.

We cannot, perhaps, pay a more elegant, or an higher compliment to the Profession at large, than by quoting a passage from that antient but elegant writer, *Cicero*, in which he makes use of the following very energetic expression :

“ Homines ad Deos in nulla re propius accedunt,  
“ quam salutem Hominibus dando.”

*Without reverting to the infinite improvements brought to light by the diligent and unremitting exertions of numbers of our professional brethren (the very beneficial effects of whose industry are daily felt and acknowledged), we need only glance at the present mode of amputation—the simple application of the ligature in restraining hæmorrhages; the very improved treatment of recent, incised, and gunshot wounds; and the general improved practice of Physic, especially in*  
the

the treatment of Fevers, the cool regimen of the Small Pox, the invaluable discovery of Vaccination\*, and in the improvements in those processes which are presumed to be most efficacious in checking the rapid and hitherto gigantic strides of desolating contagion.

But whilst, with heartfelt pleasure and conscious pride, the feeling mind reflects what our ancestors and our cotemporaries have achieved, by their laudable emulation

\* It is much to be wished, when any *important* discovery in Physic, or in the science of Surgery, takes place, that, in investigating its merits, or in canvassing its defects, *less acrimony* should prevail between the disputants.

However anxious any man may be to acquire professional celebrity, and however entitled he may be to the *claim of discovery*, yet the good of mankind requires, that any material innovation in practice should be duly considered and investigated, as to its real utility, previous to its receiving *general sanction*. At the same time, a blind partiality for old systems, or *jealousy* at the adoption of a *new discovery*, ought not to withhold the tribute due to MERIT.

and

and unremitting assiduity, every *future Student* should seriously reflect how great must be *his* disgrace, how inexcusable his conduct, if, with advantages and examples like those before him, he enters upon the practice of *his Profession*, without *being previously* qualified for the discharge of such *important duties*.

And here it may not be foreign to our purpose, if we remark, that, in whatever department of the profession it is the Student's future intention to fix; or whether he intends to practise in the country, the Metropolis, or in the Army or Navy, it is necessary for him in some measure to be possessed of a GENERAL *knowledge* of his profession.

I am the more anxious to press the recollection of this important observation, as I have *too frequently* heard it remarked,  
 “ that a *less extensive* knowledge is sufficient  
 “ for the *Country Practitioner*, and that  
 “ the

“ the Navy and Army will offer the means  
 “ of *ACQUIRING practical information*, and  
 “ prove a *school* for those who engage in  
 “ either!” It is a very excellent and judi-  
 cious remark of a celebrated medical writer  
 of the present age,” that “ there is often  
 “ a necessity for an *inferiority of rank*  
 “ without an inferiority of abilities, and it  
 “ is a matter of some importance there-  
 “ fore for the *Assistant Surgeon* to remem-  
 “ ber, that if the *principal* is killed, or dis-  
 “ abled during the action, or if he fall a  
 “ victim to disease; a duty the most im-  
 “ portant that any the mind can possibly  
 “ conceive, devolves upon him to perform;  
 “ a duty in which not only the utmost  
 “ energy of the intellectual powers must be  
 “ called forth; but in which, cool and  
 “ intrepid conduct, great presence of mind,  
 “ and a *most perfect knowledge of his pro-*  
 “ *fession*, are *indisputably necessary*.

“ Placed in so important a station, he  
 “ ought not at that critical moment, when  
 the

“ the preservation of *numerous* lives may  
 “ depend upon his judgment, *to have to*  
 “ *seek for that information*, in the acqui-  
 “ sition of which, his honour, his reputa-  
 “ tion, his happiness, nay his interest, are  
 “ so materially concerned.”

That Army and Navy practice will perpetually offer a great variety of formidable and intricate cases, which can never meet the eye of *private* Practitioners, is unquestionable; and it is equally unquestionable that (if to a perfect knowledge of his profession he unites an active and intelligent mind) he may frequently have it in his power to communicate important information; to improve himself in his profession; and to add to the stock of medical and chirurgical knowledge.

Indeed it is from the *frequency* of dangerous and *difficult* cases, which *do* occur both in Navy and Army practice, that I deem it doubly requisite to call the attention

tion to the absolute and very urgent claim there is upon all medical men, to acquire the necessary fundamental knowledge (both theoretical, and practical) *previous* to their embarking in an undertaking of such infinite magnitude.

As I shall speak more fully hereafter relative to the qualifications necessary for the *Country Practitioner*, I shall only briefly remark here, that though the hazardous labour carried on in large and populous cities will afford more bad cases than will be supposed to come under his observation: yet he should remember that *his capability of calling in additional aid in particular emergencies is often very limited*, and that in some peculiar cases *all* must depend upon his own judgment and decision; whether in regard to the preservation of a limb; or the more important duty of *saving life*.

Before I enter upon the main subject  
which

which will occupy the following pages, I cannot help remarking, that it is necessary for every one who intends to study medicine, &c. previously to have acquired sufficient *classical* knowledge, and that to a retentive memory, and a *natural energy* of mind, should also be superadded, a good state of bodily health.

Although it cannot be supposed practicable, or even essentially necessary *for all* who are bred up as Surgeons, or Apothecaries to be possessed of an intimate knowledge of the *Greek* language in classical acquirements, yet an acquaintance with the Latin\* and French languages, I consider as indispensably requisite.

Without

\* In Good's History of Medicine, a most curious anecdote is related of the ignorance of one of those classes of people in a large town, who write up over their shop-windows, "CHEMIST and DRUGGIST," without knowing any more of Pharmacy than pounding in a  
mort-



Without a knowledge of the former, the Practitioner must remain unacquainted with the opinions of many of our best ancient authors, must be incapable of even *compounding medicines with safety*; and be perpetually subject to the *derision* of the better informed part of his professional brethren.

Nor will a knowledge of the French language be found unproductive of considerable advantages.

The formidable revolutions which have

mortar or sweeping a shop for two or three years. A physician sent a prescription to be made up, which was written at the beginning as follows :

R. Decocti Corticis Peruviani ℥ vij.  
Tincturæ Ejusdem ℥ j.

The Chemist not having heard of this new medicine, this tincture of *ejusdem*, the prescription was carried back, with a wish "to have something substituted, " as he had no *tinct. ejusdem* by him, and could not "procure any, at any of the *Druggists Shops* he had "applied to!"

occurred

occurred within these few years, through almost every part of the habitable globe, having compelled numbers to migrate from their native lands, and to seek shelter in more peaceable regions (and especially in this our favoured isle) the knowledge of a language, which is now so universally spoken, must be certainly considered as necessary in those, who (from the very nature of their profession) are so liable to a constant *promiscuous intercourse with society*.

Add to which, candour must make us acknowledge that the perusal of many ingenious French Authors (who have ably written on the various subjects connected with Medicine and Surgery, and whose works have *not been translated*) will afford much, and very useful information.

Another important consideration is, the *state of the finances* of each individual.

To acquire such a knowledge of the profession

fession as will enable the practitioner to do credit to it, to become useful in his department, and to look forward to a future productive establishment in life: not only much time and assiduity must be employed, but no little expense incurred; and unless therefore he can complete his studies with that tranquillity, and independence of mind, which must *alone* spring from the independence of his finances, it is not very likely that he can pursue his *literary avocations* with that comfort and regularity, so essentially necessary for his improvement.

I will suppose the properly qualified student to be arrived in the metropolis, with a firm determination to enter upon his studies with alacrity, and to continue them with perseverance.

I will take it for granted that he is *fully convinced* of the necessity of devoting at  
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least

least two years\* to the acquisition of that knowledge, which will constitute the *primary* source from whence he is to derive his future fame and subsistence; and I shall feel myself particularly happy, if the system of education recommended in the following pages, should lead to the ultimate accomplishment of his wishes, and the augmentation of his present comforts; nor shall I

\* It is much to be regretted, that parents, instead of putting their sons *so many years* apprentice to an Apothecary, do not shorten the time of their attendance behind the counter, where so much valuable time is lost, and where a youth of moderate parts will acquire all the information which *he can* obtain in *such a situation*, in one third of the time usually employed.

See Mr. Parkinson's Hospital Pupil, in which his hints of introducing the Medical Student to the Lecture-room, Dissections, and Hospital Practice, much earlier than is usually done, exactly meet my own ideas.

By the adoption of this plan, every Student will become much *better qualified* for the practice of his profession, than by the old, but absurd plan (which has heretofore been too much adopted,) "*A seven years' Apprenticeship, and one year's attendance on Lectures, and Hospital Practice.*"

feel

feel myself less gratified, if, by making him acquainted with many lesser circumstances, I assist him in clearing the path that leads to professional celebrity, and an ignorance of which (*trivial as they may appear*) will greatly harass and perplex young men, who enter (*as many do*) this gay metropolis, without any *real* friend to advise with, and consult; and with *a certain sum* of money destined to finish their education, and which they are but too frequently ignorant how to employ to the *best advantage*.

The *first object* which must naturally press itself on the serious *attention* of every student who visits London, Edinburgh, or any other metropolis, for the purpose of attending a variety of lectures, is the necessity of fixing himself in convenient lodgings, or of boarding in some respectable family, where every thing will be regularly provided for him.

I wish to call the attention of the young

student to this important subject, a subject which heretofore seems not to have had its due consideration, and which has been viewed with *an indifference* which it by no means merits. Convinced *how much* depends on the choice which is made (particularly to the *younger classes* of society), and that, not only the *present* comfort, but even the future welfare in life, may, in a *very considerable* measure, rest upon *this decision* : I shall briefly, but impartially, state the *superior* advantages arising from boarding in a respectable family, to the plan too generally adopted by students, of taking lodgings, and providing for themselves.

If the *latter* plan is pursued, the student will be subjected to a variety of inconveniences, of which he is little aware :

Necessitated to attend some place of public accommodation, as Hotels, Coffee-houses, or places of a similar description, he will often find it a very difficult task to *with-*  
*stand*

*stand* numerous temptations, which will perpetually present themselves to him; and surrounded, as he will be, by a variety of characters, he may insensibly be *led to form connections* which will prove *disadvantageous* to his future welfare, and which may imperceptibly lead him from that *methodical* plan of pursuing his studies, which it is so essential for him to *continue* during his attendance on lectures.

At a distance from home, and without any relative or friend, should *sickness* unfortunately overtake him, he will find his situation *far* less comfortable than if he *boarded* in a respectable family. More intimately connected with those, under whose roof he will be considered rather as a part of the family, he will undoubtedly receive many little civilities, and find them ready to perform numberless good offices towards him, which he can neither reasonably expect, nor will he ever receive, if he is only a *lodger*.

In the one instance, he is *fully acquainted* with the extent of his expenditure; in the other (notwithstanding the utmost prudential economy,) he will frequently find his expenses to EXCEED his expectations.

By having all his meals provided for him with regularity and comfort, his mind will not be employed on *lesser* subjects when it ought to be engaged on greater; and much time will also be saved by his not having to attend upon Coffee-houses, Inns, &c. With respect to the comparative expense of the two plans, I am authorised in saying, both from repeated experience, and observation, that though he may pay what is termed rather an high price for his board, he will find his situation far more *agreeable*, and, in the end, he will be a *gainer*.

Indeed so convinced am I of the superior advantages of the plan recommended, that I should not have dwelt so long upon the subject, were it not, that many individuals  
still



still adopt the contrary method; the inconveniences attached to which can only be known by experience.

As some of the gentlemen who deliver lectures *accommodate* a select number of pupils with board and lodging, *those whose* circumstances will permit them to provide such a *fortunate asylum*, will find infinite benefit from becoming an inmate with them; and a situation of this kind is productive of many advantages.

Having made choice of such a situation as in his own opinion he may conceive is most likely to promote his happiness, the next object for serious consideration, is, what lectures he purposes to attend on the commencement of his studies; and how he can best divide that time, which ought to be so systematically and judiciously employed, that one lecture may not follow another in such rapid succession, as to create a confusion of ideas, and to perplex

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instead

instead of communicating information to the mind. \*

To such as intend *practising* in London or Edinburgh, or who mean to continue for a longer term than that which I have mentioned, I would recommend the becoming a *perpetual subscriber* to the lectures on *Anatomy and Chemistry*, as, independent of the advantages derived from improving themselves in these important studies, an

\* I have before remarked, that this is the shortest possible time in which any one (however great his natural abilities may be) can acquire such a competent knowledge of his profession (and of the various branches connected with it), with which, in order to practise with comfort to himself, and advantage to *others*, it is necessary for him to become acquainted. When it is considered how very important a duty the Surgeon has to perform, he will readily admit the necessity of *not hurrying* through that system of education, which is to distribute health or disease to his fellow creatures. He will not agree with *Doctor Sangrado* (in the inimitable Novel of *Gil Blas*) that the only practice necessary for the curing of all diseases, consists in copious bleedings, and compelling the patient to drink profusely of warm water.

occasional

occasional attendance will prove a source of much gratification, and amusement.

As a perfect knowledge of Anatomy is *indispensably necessary* to be acquired by every one who practises Surgery, as it may justly be reckoned the very foundation on which his future professional eminence is to be erected, I shall not deem any apology necessary for endeavouring to enforce the study of it, *or in asserting* that an ignorance of it, in the present day, may be considered *as a crime* in those who engage in Chirurgical pursuits. Without being possessed of this knowledge—without being accurately acquainted with the different parts of that complicated machine, “*the human body*”—without knowing the various functions which each part is by nature destined to perform—how can the Surgeon discover when, or where, those functions are impeded, or obstructed; or how can he enable diseased parts to resume their original and healthy duties?

But

But above all, if he be ignorant of the situation of the great blood-vessels—the courses which the arteries and veins take—the distribution of nerves, and the formation of joints; if he is unacquainted with the origin and insertion, as well as *the actions* of various muscles, how can he attempt the reduction of fractured or dislocated limbs; or be able to perform hazardous and *difficult operations* on parts, with the structure of which he is *unacquainted*?

In every operation he undertakes to perform, he is violating the most sacred of all duties, by hazarding the lives of those who may (from being placed under his care) unhappily become victims of his ignorance and barbarity.

How would that Surgeon feel, who, ignorant of Anatomy, (and more especially that highly important part, the arterial system,) should, through a mistake, open the sac of a large aneurism, which he had unfortunately mis-

mistaken for an abcess? In a moment deluged with the blood of his expiring patient, what must be his sensations, on recovering from his surprise, when he reflects upon the dreadful mischief which *his ignorance* has produced?

Yet this has happened, and ought therefore to operate *in terrorem* against any individual embarking in such an arduous undertaking, until he is fully qualified for the discharge of such important duties.

I cannot express myself with half that energy which the subject demands; I cannot more *strenuously* recommend a most perfect acquisition of this essential part of professional knowledge; nor can I use more emphatic language, as to the injustice and *cruelty* of that man who is in the habit of performing operations, *uninstructed* in Anatomy, than by quoting a passage from a work of that ingenious and meritorious Surgeon, Mr. JOHN BELL, of Edinburgh.

In

In his Treatise on Wounds, and more particularly in that part which relates to wounded arteries, he makes use of the following short, but energetic expression :

“ I cannot conceive how that man, who is  
 “ ignorant of the course of the arteries, or  
 “ Anatomy in general, *can pass one easy,*  
 “ *one composed, or one happy hour.*”

Surely the rewards attendant upon knowledge ; the heavenly satisfaction of relieving agonizing pain (when life, as it were, may be said to be suspended by a single thread), should prove a sufficient stimulus to *every Student* to lose no opportunity of acquiring this important part of Chirurgical information.

Let us view the respect that is paid to the *manes* of our *deceased* professional brethren, who have rescued our noble science from the dark state of ignorance and barbarism in which it was once enveloped, who have been  
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held up to us as copies for our imitation, either from the discoveries which they made, the valuable works which they have left for our perusal, or for the general good which they have done for posterity.

If we mention the names of HARVEY, CHESELDEN, POTT, HUNTER, MONRO, &c. we must recollect, that it was from the accurate knowledge which they acquired in Anatomy, that they were enabled to cast new lights on that science, which has now risen to such a state of perfection.

Need I call to your view those living characters, whose transcendent abilities are too well known to need any panegyric from my pen, and who are to be looked up to as models worthy the closest imitation?

If I mention the names of BAILLIE, SAUNDERS, BLIZARD, HEAVISIDE, CLINE, ASTLEY COOPER, RAMSDEN, ABERNETHY, &c.

&c. need we ask by what steps they have risen to the summit of professional reputation?

The answer would undoubtedly be, “by *early acquiring Anatomical knowledge.*”

Convinced as, I trust, every Surgeon must be of the *absolute* necessity there is for him to make himself perfectly well acquainted with the structure of the human frame, I will give some concise (but I hope beneficial) hints, as to the *best mode* of obtaining this most necessary information.

If, in doing this, I should enter rather more fully into the discussion of the subject before me, than my readers may think necessary, its infinite importance must be my *best apology*: and when it is remembered, that, by an attention to *minutiæ*, every Student will proceed with more satisfaction, with less chance of finding the pursuit irksome, and (what is of some consequence also) with less  
chance



chance of injuring his health, an observance of the following Hints will ensure its own reward.

I have before remarked, that from the time when the Physical and Chemical Lectures are over, to the hour of the Demonstrations being given, the *intermediate* space of time should be filled up, either by visiting the Hospital, or by Dissections—or by an union of both.

Before he enters upon a pursuit, which he will shortly find both pleasing and instructive, it is essentially necessary for every Pupil to provide himself with such articles as are not only requisite for investigating the various parts of the subject to be dissected ; but also for keeping his own person, as well as every thing around him, in a state of *perfect cleanliness*.

In a small publication, termed *Heisteri Compendium Anatomicum*, a concise description

scription of every article requisite for pursuing this delightful study, is given at the beginning.

Unacquainted, however, as every one must be, on his *first entering* the dissecting-room, what things are necessary to procure; and wishing both to save inquiry, and to render this publication as useful as I can, I will enumerate the most necessary things wanted.

The first article to be provided is a *dress* adapted for the purpose, and which consists of an apron and sleeves; the former of which I would recommend to be made somewhat larger than is usually done, as it will prevent any particles of fat, muscle, &c. from adhering to the clothes—a circumstance which would be very unpleasant to happen out of a dissecting-room, but which, for want of caution, does sometimes occur.

These dresses are made of various materials, as oil-cloth, linen, &c.; but the most  
 appro-

appropriate for this purpose are made of dark-coloured cotton, which, by their admitting of being frequently washed, are best calculated to promote cleanliness.

The implements necessary for dissecting, consist of a small box of knives, scissors, tenacula, and blow-pipes, it being usual for the proprietor of the dissecting-room to provide other apparatus, as saws, syringes for injection of the blood-vessels, &c.

The *inconveniences* which I have experimentally felt in not having these necessary auxiliaries; the length of time which the Student frequently has to wait for them, before they can be obtained, and the very imperfect state in which they are frequently found, from being used by such a variety of persons, render it a desirable thing for the Pupil to purchase a set of them for his own use exclusively\*.

Tri-

\* A very convenient, portable, and most complete  
D dis-

Trivial as it may appear to mention such a circumstance, and rarely as Pupils think of providing themselves with towels, sponges, soap, and a box with lock and key, still it will be found that they experience advantage in providing themselves with these articles.

In every period of life, cleanliness must be allowed to be one of the greatest preservatives of health : and surely there is no place

dissecting case is to be purchased for three guineas and an half; and which (syringes excepted) contains every thing requisite for the purpose, and is far superior to those usually bought. Its contents are—

Two saws

Six knives

One large ditto, for dividing cartilages

Two pair of scissors

Needles

An instrument for elevating the cranium, &c.

Pneum-pipes

ps, &c.

Here we find every thing necessary, in a small compass, and always at hand, without having to borrow, or wait being impeded from proceeding, from a want of requisite implements.

where

Where cleanliness is more requisite to be observed than in a dissecting-room, where, from the miasmata which must ever arise (notwithstanding the adoption of any anti-septic process), it is necessary to guard against disease.

By adopting these precautions, every Pupil will pursue his investigations with tenfold satisfaction and comfort; and he will also be much less liable to be disgusted with that pursuit, which (however disagreeable it may appear *on first entering upon it*) will speedily become familiar, pleasant, and attractive.

Having procured the necessary articles, (and which are at all times to be had at every respectable Surgeons' - instrument - maker's, ready for use, a list of whom I shall subjoin, see page 77) he may commence his Dissections.

As the manner of Dissecting will be minutely described by the different Teachers

D 2

whose

whose Lectures he attends, I shall make only a few observations on this subject.

It is usual, from their rapid tendency to putrefaction, to commence our inquiries, by an investigation of the three greater cavities, the abdomen, the thorax, and the cranium.

This business being finished, we proceed in the dissection of the muscles, ligaments, tendons, &c. ; in investigating the formation of joints ; in tracing the courses of the arteries, veins, and nerves ; and, lastly, in attending to the study of Osteology.

In pursuing his Dissections, it is too common a practice [I am warranted by repeated observation in making the remark] for the Student to hurry through a very important part (I mean the dissection of the muscles), and not to pay that strict attention to the subject, which it so amply claims, and which it so *deservedly* merits.

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If the Pupil is anxious to acquire the *fundamental* principles of the science of Surgery; if he wishes to make himself really useful in his profession; if he is desirous of *reducing* fractures and luxations, with as *much possible* credit to himself, and as *little possible pain* to his patient; he will find that both objects are only to be attained by a perfect knowledge of the origin, insertion, and the *different actions* of various muscles, which latter are to be considered as the moving powers acting upon the different bones, and producing the various movements of flexion, extension, &c.

In studying the arterial and venal system, an inquisitive and reflecting mind must derive not only infinite information, but it must receive great pleasure in contemplating and admiring the beautiful structure of the human frame!

When we reflect how essentially necessary it is to become minutely informed of the

situation and course of the arteries and veins, previous to the performance of any hazardous operation, the necessity of obtaining this information must be evident to the most superficial observer.

Unacquainted with this branch, the Surgeon must reflect, that every operation will be attended with extreme danger and difficulty—that he can never proceed through the performance of it, “*MANU STRENUA, STABILIS, NEC UNQUAM INTREMISCENTE\** ;” and that if he fortunately (as he supposes) has stopped the profuse hæmorrhage from a large artery (of the course of which *he was ignorant*), his patient may not be able even to support life, from the quantity of blood lost through his inexcusable ignorance.

The dissection of the nerves must close the subject ; and which, though tedious, and in some instances difficult to trace, must not be allowed to pass by unnoticed.

\* *CÆLUS.*



Every Student, who thus attentively, assiduously, and systematically pursues his Dissections through the first winter, and spring months, will receive such a degree of valuable information, as will enable him to resume his pursuits the following season, and to attend his Lectures with much greater advantage.

Although some of the parts dissected will (as I have before remarked) be daily demonstrated to the Pupils, yet as some may wish to consult such Authors as have written on this subject, I shall recommend to their perusal, a concise but accurate Description of the Muscles, by INNES; and those who wish for a more elaborate production, will receive advantage from consulting a Work, written by Mr. CHARLES BELL, entitled "*A System of Dissections.*"

During an attendance on Lectures, I beg leave strenuously to recommend it to the Student, to omit as few as possible:

By every omission, he will lose some valuable information; he will break through that chain of reasoning adopted by the Professors; and perhaps an habit of negligence or indolence may creep imperceptibly upon him.

To win the esteem of those whose Practice and Lectures he is in the habit of attending—to manifest to them a diligent conduct, and an ardent desire to obtain knowledge—is an object of the first consequence.

Placed, by superior abilities, in the most elevated stations of their Profession, every *Pupil* should seriously remember, that to conciliate their regard, to obtain their good opinion, may be the means of obtaining for themselves some lucrative situation, as it is at all times in their power to *recommend*, and frequently to *appoint*, to places of trust and emolument.

The Winter and Spring Courses having  
been

been devoted to the acquiring those principles of Medical and Chirurgical Science, as may properly be termed the basis of the future fabric, and the Dissecting-rooms, in *general*, being closed about the beginning of June, it is necessary to direct the pursuits into another channel, and to consider how the intermediate space of time, from June till the following October, can be employed to the best advantage.

As I consider myself as addressing these observations to such Pupils, in particular, as intend to practise the *three* different branches of the Profession, I should wish the first summer to be devoted to the study of *Midwifery*; to a perusal of the best modern Authors, who have written on the various topics connected with the Profession, and *in a close attention* to Hospital Practice; and in attending, also, a *third Course* of *Lectures* on the *Practice of Physic*.

In the beginning of this Work, I made a  
few

few remarks \* relative to the qualifications necessary in the Country Practitioner; I shall now resume my remarks on the important duties which he has to perform; and shall endeavour to convince him, that, so far from it BEING TRUE THAT A LESS EXTENSIVE knowledge is sufficient for him, *it is his duty* to become possessed of the *most extensive* knowledge in his Profession.

Although, from the great population of large cities, it is no very unusual thing for a Medical man to devote his time and talents to the selection of one particular branch of his profession, yet in the country this plan can but very rarely be attended with any probability of success.

*There*, he must occasionally assume the different characters of Surgeon, Apothecary, and Accoucheur; and it would only, therefore, be an unnecessary trespass on his time,

\* *Vide* Page 10.

to descant upon the urgent necessity which there is, for his acquiring a *general* and perfect knowledge of his Profession, when so much depends upon his judgment, and when his power of *holding consultations*, on sudden emergencies, is so very limited.

As Midwifery is a science, on the understanding of which so much depends, not only with respect to the safety of every mother and child, but also with regard to the future establishment in life, and the reputation and comfort of the practitioner, it is no less from the duty which he owes to himself, as well as the greater duty which he owes to society at large, that every Pupil should make himself acquainted with this important branch of his Profession, *previous* to his entering upon such an arduous undertaking.

He will not find it the case here, as in some particular instances, where the efforts of nature overcome the obstacles which bad practice throws in her way—and where, by her  
own

own superior powers, *she obligingly veils the faults of her opponent.*

Here, on the contrary, are two lives, frequently depending on the skill and judgment of those who are called to attend.

Inconsiderate and unfeeling (to use no harsher expression) must that person be, who, satisfied with a bare attendance on a single Course of Lectures, (and that, perhaps, not attended with diligence and punctuality) can wantonly undertake the practice of so important a duty.

The pains and perils attached to childbirth are sufficiently great, without being increased by the ignorance of those, whose education should afford them the means of *diminishing both.*

Every person who pursues this useful occupation ought to be possessed, not only of that mildness and urbanity which should  
win

win the esteem of his patient ; of that coolness and intrepidity which should enable him to meet every difficulty, which may occur during the progress of labour ; but he should be capable also, by his *advice*, of giving that *consolatory aid*, which will greatly tend to keep up his patient's spirits ; and, lastly, of that perfect knowledge of the science, which (as far as human wisdom can effect) shall ultimately ensure safety to the mother and her offspring.

Pourtray, but for a moment, the situation of a man, who, thus *duly qualified* for the discharge of his duty, patiently, cautiously, and safely conducts his patient through a tedious, and perhaps dangerous, labour—and the widely-different state of him, who, not qualified to undertake so important an office, is alarmed on the first appearance of any unforeseen or untoward event ; who, destitute of the necessary resources to meet every obstacle, shews at once his incapacity  
for

for the duty which he has to perform, both by his hurry and his fears.

In no department of the Profession is the conduct of a Medical man watched more critically, or more scrupulously examined, than in the *practice of Midwifery*: nor is there any period of time, during his professional life, when he has more occasion fully to convince the friends of the patient, that he *does* possess the requisite information; as, alarmed for her safety, and anxious for her delivery, they will otherwise assuredly call in some other person, to take from him that merit, which, perhaps, he has an *undoubted* right exclusively to enjoy.

Did not delicacy prevent my mentioning the *names* of individuals, I can produce more than one or two instances, where a *partial* and imperfect knowledge of *this particular* branch of professional duty has blighted every rising prospect, annihilated  
his



his fame, destroyed his peace of mind, and created an insuperable aversion to an honourable and lucrative Profession; and where, from the eligibility of situation, a comfortable subsistence would have been ensured.

In order to obtain a greater share of *practical* information, than can be usually acquired by the generality of Students, during their residence in this Metropolis, I would recommend him to *board* in some Lying-in Hospital during the summer season.

Here he would have an opportunity of attending more patients, of seeing a much greater share of practice, than if he resides at any distance.

Every case he attended would afford him fresh information, would inspire him with greater confidence, and give him additional opportunities of observing the progress of labours in general.

Before

Before I conclude my observations on the subject of Midwifery, I wish to repeat, that *delicacy of behaviour*, mildness in conversation, and an apparent commiseration of our *patient's sufferings*, cannot fail to please, and to introduce to extensive practice.

There is one more powerful inducement for the *general Practitioner* (and more especially in the country) to make himself *well* acquainted with the theory and practice of Midwifery, which is “*that it will materially assist in introducing him to a variety of families, in the capacity also of Surgeon and Apothecary.*”

In order to make the Student more intimately acquainted with the nature of *Hospital Practice*, I shall *divide* the Pupils into two Classes, and shall point out the superior advantages which will be derived from becoming a Member of the *second Class*.

The first Class comprehends those who  
may

may be considered as spectators only, and who have not the privilege of performing any operations.

The second Class comprehends those who are termed *Dressers*.

The advantages to be derived from becoming a Member of the first are very trifling, compared with the benefits which result from being included in the second Class.

Though, from paying the usual fee, the former will have the privilege of going round the different wards, accompanied by the Physicians and Surgeons; of visiting the patients; of observing the general practice of the Hospital; and of being present at all the operations which are performed, still his knowledge may be called *theoretical*.

The Dressing Pupil, on the contrary, will, in addition to these advantages, have frequent opportunities of performing some of  
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those

those lesser operations, a knowledge of *doing* which he will find highly serviceable, previous to his fixing for himself; or before he enters into the Army or Navy.

The frequent introduction of the catheter and bougie; the application of various bandages; the liberty of assisting in the reduction of fractured or dislocated limbs; and the opportunities afforded him of *minutely* inspecting the various wounds, ulcers, &c. which it will be his business to dress, are advantages which will fully compensate for the additional expense.

In returning to the subject of his dividing his time during the summer months, I must call his attention to the article of *reading*.

If he is anxious to improve his understanding, and profitably to employ every vacant hour, an attentive perusal of some of our most approved modern Authors, will fill up his *leisure time* to advantage.

In

In pursuing this plan, I will call his attention to the salutary advice of a deceased Medical Brother, to whose abilities, both as an Author and a good practical Surgeon, we must ever look back with respectful gratitude.

Mr. POTT, in one of his Lectures, where he is pointing out the advantages which the Pupil will derive from a well-regulated system of education, adds—

“ With respect to reading, I should wish  
 “ to observe, that it is essentially necessary  
 “ for every man, who is desirous of becoming  
 “ eminent in his Profession, to make  
 “ himself acquainted with the different  
 “ opinions of both antient and modern  
 “ writers.

“ In perusing these, I would recommend  
 “ it to the Student, not to read for too  
 “ long a time together; but to desist, the  
 “ moment that his ideas are in the least  
 “ confused.

“ However little he reads at one time, it  
 “ is better for him to read *but little*, and *un-*  
 “ *derstand* that little, than to make a chaos  
 “ of his brain, instead of furnishing it with  
 “ useful information.”

In the foregoing plan, I have endeavoured so to divide the time, as to enable every Pupil to pursue his studies (during the first twelve months) in such a manner, as will enable him to proceed with comfort and satisfaction, and as will farther enable him to acquire no little share, both of theoretical and practical information.

I have cautiously avoided the recommendation of a system; which could confuse or perplex the ideas, by the multiplicity and variety of the objects which it might have in view ; and whilst, by rendering the plan as simple as it will allow (it is more likely to arrest attention and promote diligence), I have at the same time endeavoured to make the Student acquainted with a variety of *lesser circumstances*, a *knowledge* of which  
 will,

will, I hope, tend to facilitate the progress of his literary pursuits, and to promote his *future success in his Profession.*

During the first year's residence in London, he will have had an opportunity of attending three Full Courses on the Practice of Physic and Chemistry; two Courses on Anatomy and Physiology; as also one or two Courses on the Practice of Midwifery: nor, if he has pursued his studies with regularity and diligence, can he have failed, by so long an attendance on Hospital Practice, to have acquired a very considerable knowledge as to the *various duties* of his Profession.

*From having obtained this knowledge, he will be enabled to resume his attendance on the second Winter Courses with more pleasure and satisfaction, and with much greater advantage also.*

Having become acquainted with the sub-  
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jects

jects of these Lectures, with the doctrines they embrace, and the facts also which they are intended to establish, he will be better able to imprint them on his memory, and to account for a great variety of phenomena, which before, perhaps, he was not able *clearly* to comprehend.

As the Lectures on Chemistry and Physic are read during the *whole year*—and as it is a matter of the utmost consequence for every Student to devote as much time as he can possibly spare, to a cultivation of the knowledge of *Anatomy*, and the art of *Dissecting*—I should recommend the postponing of an attendance on the *last Course* of Chemical Lectures, till the summer previous to his departure from London.

Returning to his Anatomical pursuits with unabated ardour, he will find, that the more he pursues this useful and attractive study, the more he will be charmed with the formation of the animal machine.

New



New ideas will arise in his mind, fresh fields of observation will open themselves to his view, so as to stimulate an inquisitive mind to push its inquiries with redoubled alacrity.

When he reflects *seriously* on the important offices of many parts of the animal œconomy; when he sees how much the preservation of *the whole* depends, perhaps, on the healthy action of a *single* organ; he will readily perceive how liable this complicated machine is to be injured or impaired, by a variety and almost incredible number of causes.

Should any particular part be even suffered to relax from the performance of its separate duty (which nature has destined it more *peculiarly* to *perform*), it will, more or less, become unhealthy and diseased.

Let but the eye only be debarred for a small space of time from the rays of light,

or the ear from sound, we shall find, that, on first resuming their destined offices, the smallest ray of light is not only disagreeable, but painful to the one—and the finest *harmony* be discordant to the other.

I cannot help remarking, that the very curious formation of both these organs; the wonderful and *never-ceasing* action of the heart; the important office of the lungs\*; and the structure of the parts which not

\* It is the opinion of many eminent Medical men, that the office of the lungs is not yet *perfectly understood*. In former ages, when Anatomy was but little known, it was supposed, that an introduction of fresh air, by means of the lungs, was necessary to fan and *cool* the blood; which it was then supposed must be overheated, by its constant and rapid circulation through the body. This we now know to be an erroneous idea. On the contrary, it can be *clearly demonstrated*, that, so far from this being the fact, the blood, after having returned to the right side of the heart, is become of a *darker* hue—has lost a portion of its heat—and that, by circulating through the lungs, and having *absorbed oxygene*, it imbibes a greater degree of heat, and recovers its former colour.

only

only produce, but *modulate sounds* ; by the excellence of their contrivance *sufficiently testify to his* rational creatures, the wisdom, the agency, and the undoubted existence of a Supreme Deity—and refute the *impious and absurd doctrine of every thing being the effect of chance.*

Great as have been the advantages arising from a more intimate knowledge of Chemistry and Anatomy ; and rapid and *numerous* as have been the improvements both in Physic and Surgery, from the indefatigable labours of numerous individuals, it is worthy of recollection, that there is yet ample room, an extensive field, for future emulation and improvement ; and that, no doubt, many important discoveries will yet take place, by a continuance of that unremitting industry, which has *peculiarly characterised* the Medical Practitioners of the last and present century.

But in pursuing his *Dissections*, and in  
close-

closely investigating the most minute parts of the human frame, it is not only from the acquiring a perfect knowledge of its structure, and the different functions of its component parts, that the Student will derive advantage, and hereafter receive the honourable and well-earned rewards of his industry; for another very important acquisition is derived from practical Anatomy—an acquisition of the highest consequence to every Surgeon, and more especially to those who enter into the Army or Navy, or who may fix in a situation where, from a variety of local causes, they may *frequently* be necessitated to *perform* dangerous and intricate operations.

However well versed in the knowledge of Anatomy any Pupil may be; however *frequently* the *manner of* performing operations may *be pointed* out to him; and though he may be repeatedly *present* at, and *attentively observe*, the performance of them, by the most eminent Surgeons; still,  
with

with all these united advantages, unless he has been, for a length of time, accustomed to ACTUAL *Dissections*, he will perpetually have to regret, that he did not repeatedly practise on the dead body, what he will often be necessitated to perform on the *living*.

He may be assured, that a facility in handling his knife is only to be acquired by long-practised and repeated *Dissections*; that a *tremor* in operating must frequently be the consequence of a neglect of this highly-necessary part of his professional studies; and that, of course, though his *dexterity* \* will  
sel-

\* Mr. POTT has very judiciously commented upon the word *dexterity*. He remarks, that young Surgeons, in general, annex no other idea to this word, than a *celerity* in operating; as if he were the best Surgeon, who could amputate a limb with the greatest quickness. *Tutè et citò* is a very excellent motto for every Practitioner to keep in his mind; but, as Mr. POTT farther remarks, "*tutè* is placed in its proper situation, *perone citò*;" for the patient who suffers the smallest injury,  
through

seldom be admired, his *manner* of performing operations will frequently subject him to severe and merited reproach.

If I have dwelt longer on this subject than the *impatient* reader may think was necessary; if I have endeavoured *pointedly* to call his attention to the necessity of acquiring this useful knowledge; I may perhaps be censured *still more* by *him*, when I conclude my observations on this particular subject, *with* the following brief *recapitulations* :

1st, That from the study of Anatomy we derive every information respecting the *structure* of the human species; the various functions which this admirable structure has to perform; and the changes which disease will at all times produce.

through the Surgeon's hurry, can never be compensated by the *quickness* of the operation: and certainly he is *most deserving* of reputation, who performs an operation without *unnecessary* slowness, but *in the manner* most likely to ensure his *patient's* life.

2dly,

2dly, That from the same source we derive *much* of our information respecting Physiology, and the *treatment* of diseases.

3dly, That it is a knowledge of Anatomy which distinguishes the *regular* and well-educated *Surgeon*, from the ignorant and unqualified pretender; that whilst the former must be entitled to the general commendation of society, the latter must either sink into oblivion or merited contempt; or (what is worse for mankind) must be in the constant habit of doing such incalculable, such irreparable mischief, as must make every feeling mind shudder with horror at the contemplation of the injuries produced by his ignorance.

And, lastly, That as many of the improvements in the Profession have *originated* from the cultivation of this science, so the farther investigation of this study may lead to many other useful discoveries, tending to the relief of our fellow-creatures, the alleviation  
of

of pain, and the diminishing the *catalogue* of human infirmities \*.

After having finished his Dissections, the Student may exercise his ingenuity in making a variety of *Preparations*, which will both tend to refresh his memory, and will be lasting proofs of his skill and diligence in his Profession.

### The manner of injecting the arteries and

\* It is greatly to be wished, that (considering how mankind at large is benefited by our knowledge of Anatomy) the *Legislature* would encourage its study by facilitating the means of procuring subjects for dissections: and that a law was enacted, for the giving up the bodies of those, whose crimes may bring them to an untimely death.

Independent of the adoption of this plan tending greatly to improve the science of Surgery, it is possible that it might be productive of still farther beneficial effects. The dread of Dissection might tend to *lessen* the number of those wretched and unfortunate victims, whom the *frequent examples* of premature and violent death does not seem to deter from the commission of the most daring and atrocious offences.

veins,



veins, as well as preparing every part of the human frame, will be explained in the Dissecting-room; and POLE's *Anatomical Instructor*, and Mr. C. BELL, on his *System of Dissections*, may also be read with much advantage.

During the second winter's residence in the Metropolis, I have advised the Student to postpone his attendance *on the fourth and last Course of Chemical and Physical Lectures* till the following summer; and I have so fully pointed out the reason for his adopting this plan, that it would only be an unnecessary trespass on his time to *enlarge upon* the subject.

In order, however, to adhere strictly to the system recommended, of not attending more *than two Lectures daily*, it is now requisite to point out what OTHER Lectures it is necessary for him to attend; and which are those delivered on the subject of *Surgery*.

Although, during the hours of the Anatomical Lectures being given, the subjects of Surgery (or even Midwifery) will not be passed over in total silence; yet they are not so fully and minutely discussed, as in those which are dedicated *solely* to the consideration and elucidation of the science of Surgery, &c. and which are delivered by Gentlemen who rank high in Professional reputation.

By some Professors, these Lectures are only delivered three times in a week: they generally terminate in one hour; and are so arranged as to the time of delivery, as not to interfere with other pursuits; and as each Course finishes in about three months, every Pupil can with great ease attend two Courses during the second winter.

Indeed, the advantages to be derived from hearing them are so great, and I consider them likewise of such importance, that I cannot in any manner acknowledge the

Sur-

Surgeon's education *as finished, without an attendance upon them.*

Moreover, as it must naturally be supposed that every individual has, during the former period of his studies, acquired the principal knowledge of Anatomy and Chemistry, he can with strict propriety, without deviating from the original plan proposed, and without introducing confusion, finish this *superstructure* of his education; of which the other branches (I mean Anatomy and Chemistry) may (not very improperly) be styled *the basis*.

However strenuously I have endeavoured, in a former part of this Work, to shew the necessity of acquiring a competent knowledge of Midwifery, and how equally necessary a knowledge of Anatomy must be to the Surgeon, yet I cannot close these observations without saying a few words as to the propriety of a strict attention to the Lectures

on the Theory and Practice of Medicine, and those on Chemistry.

Although the acquiring a *perfect knowledge* of Chemistry and Anatomy may justly be said to be principally connected with *two separate* branches of the healing art; and although a lesser, and more confined knowledge of either, may be sufficient for him, whose intention it is to devote his time **SOLELY** to the Practice of Physic, or of Surgery; yet widely different is the case with him, who is to obtain his subsistence in life by practising the **VARIOUS branches COLLECTIVELY**. He must not be satisfied with a *partial* knowledge of *any*, but should be conversant with **ALL**.

As I before remarked, he must occasionally assume the different characters of Physician, Surgeon, &c. &c.

And how can that person, who is ignorant  
of

of the laws of nature—of the component parts of bodies—of their mutual attraction and cohesion ; of the *various changes* they undergo, by the application of heat or cold, be a fit and *proper person* to practise the science of Physic ?

Chemistry is, to the Physician and Apothecary, what Anatomy may be said to be to the Surgeon ! the very ground-work of his art.

Without a knowledge of this essential part of Medical Science, we must ever prescribe in ignorance, and with infinite hazard to the patient's health, and our own reputation ; we must perpetually be liable *to counteract* the efforts of nature to repel disease ; and must frequently be in the habit *of retarding*, instead of expediting, the cures of those who are placed under our care.

The last subject of importance to which I wish to call the Student's attention is, " that

of taking notes *during the hours of the Lectures being delivered.*"

Unimportant as this may appear *to many*, yet experience will convince them, that a regular and methodical plan of doing this, will have its advantages.

On the manner of taking notes, as well as the time of taking them, I know there is a difference of opinion.

Some argue, that if the Pupil takes short notes during the *first Course* of Lectures, he cannot have an opportunity of *viewing* the parts described so attentively as *he* should; and that he will not, of course, derive that benefit from the Lecture, which he would more fully experience, from keeping his eye stedfastly placed on the parts demonstrated, and in fixing his attention on the subject of the Lecture.

That, *unacquainted* as he may naturally  
be

be supposed to be, with the infinite *variety* of subjects, which a Course of Lectures embrace, he will commit many inaccuracies in noticing down the relative situation of parts described—in relating the different experiments made—and in transcribing the doctrines delivered.

From my own experience, and that of many others, (with whom I have made it my duty to converse upon this topic) I have little hesitation in saying, that as *no Student* ought to continue in Town a less time than two years, to acquire the *necessary knowledge* in his profession, I should by no means recommend him to take notes during his first attendance on Lectures, whether the subjects be Anatomical, Chemical, Physical, or any other.

If, during the first Course, he will content himself with fixing his attention on the subject of each Lecture, without employing any part of the time (during the period of deli-

very) in writing observations, his ear and eye being both engaged, he will be more likely to profit by the discourse.

At the same time, as I hinted at the *beginning* of this Publication, he cannot, perhaps, employ a leisure hour, either in the evening, or *AFTER the Lecture is finished*, more profitably, *than by noting down any remarkable passages*, which have *particularly* excited his attention; or in reading some useful author, upon the same subject.

He may, perhaps, remark, that in some of the Lectures there are no Anatomical demonstrations given—no experiments are made—and that, of course, his pen may be employed to advantage.

In this opinion, I must differ from him, persuaded as I am, from experience, of the fallacy of the idea.

If Students would content themselves, on  
the



the commencement of their studies, with adopting this system, they would gain such an insight into the subjects of every *Lecture* as would enable them, on the repetition of each *succeeding* Course, to make such concise notes, as would be productive of future advantage; and in *every future Lecture* they *would* then have an opportunity of ENLARGING THEIR WRITTEN observations; of *correcting* all inaccuracies; and, finally, of making their *notes full*, previous to their transcribing them in a finished manner.

Although, to *enlarge* upon a variety of topics, relative to the *moral* conduct of every Professional Student, during his residence in London or Edinburgh, would be irrelevant to the intention of the Author, who wishes this Publication to be considered as an useful companion to the Pupil, during the progress of his professional pursuits, yet I cannot close these Remarks without endeavouring to enforce the necessity there is for

every young man to be cautiously and perpetually on his guard against the infinite number of temptations and allurements with which every large and gay metropolis so numerously abounds.

In remarking upon the superior advantages arising from *boarding* in a regular and respectable family, to the plan too generally adopted of taking lodgings, I mentioned *the not being necessitated to frequent Coffee-houses, and places of a similar description*, as not amongst THE LEAST; for though business or necessity may sometimes require him to visit them, the seldomer he enters these doors, the better it will be, *both* for his reputation, and his finances: for to an habit of indolence may be imperceptibly added, the horrid vice of inebriety; which, though pernicious in every point of view, and destructive as it is to the health and fortune of *all*, will, to the *Medical Practitioner*, prove a speedy and certain source of ruin, and the destruction of all his rising prospects; and the

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the baneful effects \* of which may be extended to the *injury* of *others*; as it is possible that, during the moment of intoxication, he may commit such an error in practice, as he can never atone for by *any future* propriety of conduct.

Let it not, however, be supposed, that (in recommending an attention to propriety of conduct—in persuading every Student to attend to his studies with regularity, perseverance, and diligence)—he is at no time to relax from the severity of his studies, and to refrain from entering into some of those amusements, which will tend to *unbend* the mind, and to promote cheerfulness.

The mind, like the body, must undoubtedly have its intervals of labour, and rest, otherwise its native energy will be impaired, its pursuits will become irksome and dis-

\* See Dr. TROTTER's Essay on Drunkenness.

gusting,

gusting, and its intellectual powers will be greatly diminished.

During the winter seasons, an *occasional* and *prudent* attendance on the performance of some of *our best* dramatic writers—an inspection of many of the works of art or nature, (which, from their beauty and curiosity, seem to out-rival each other, and in which London abounds), will prove a source both of information and amusement.

In the summer season, if the Student is partial to the study of Botany, he may gratify his curiosity, and spend many pleasing hours, in visiting the Botanical Garden at Chelsea \*.

\* The Student, who is desirous of visiting the Botanic Garden at Chelsea, may be informed of the proper means to be taken for obtaining admission, on application to Mr. WHEELER, Reader in Botany to the Apothecaries' Company, and Apothecary to St. Bartholomew's Hospital.

In-

Independent of the information he may acquire, the variety of scarce and beautiful plants, which he will have an opportunity of inspecting—the salubrity of the air, and the pleasantness of the walk, will greatly contribute to the preservation of his health.

FINIS.

## *Table of different Lectures, &c.*

### FIRST YEAR.

|                 |                                              |              |
|-----------------|----------------------------------------------|--------------|
| Oct. to June,   | Anatomy and Physiology,                      | 2 Courses.   |
| Ditto to ditto, | { Chemistry, Physic, Ma-<br>teria Medica,    | { 2 Courses. |
| Ditto to ditto, | Hospital Practice.<br>Dissection.            |              |
| June to Oct.    | Chemistry, Physic,                           | 1 Course.    |
| Ditto to ditto, | Midwifery,<br>Reading.<br>Hospital Practice. | 2 Courses.   |

### SECOND YEAR.

|               |                                                         |            |
|---------------|---------------------------------------------------------|------------|
| Oct. to June, | Anatomy, Physiology,<br>Dissections continued.          | 2 Courses. |
|               | Surgical Lectures,<br>Hospital Practice.                | 2 Courses. |
| June to Oct.  | Chemistry and Physic,<br>Reading.<br>Hospital Practice. | 1 Course.  |

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